

Supplemental Figure 1

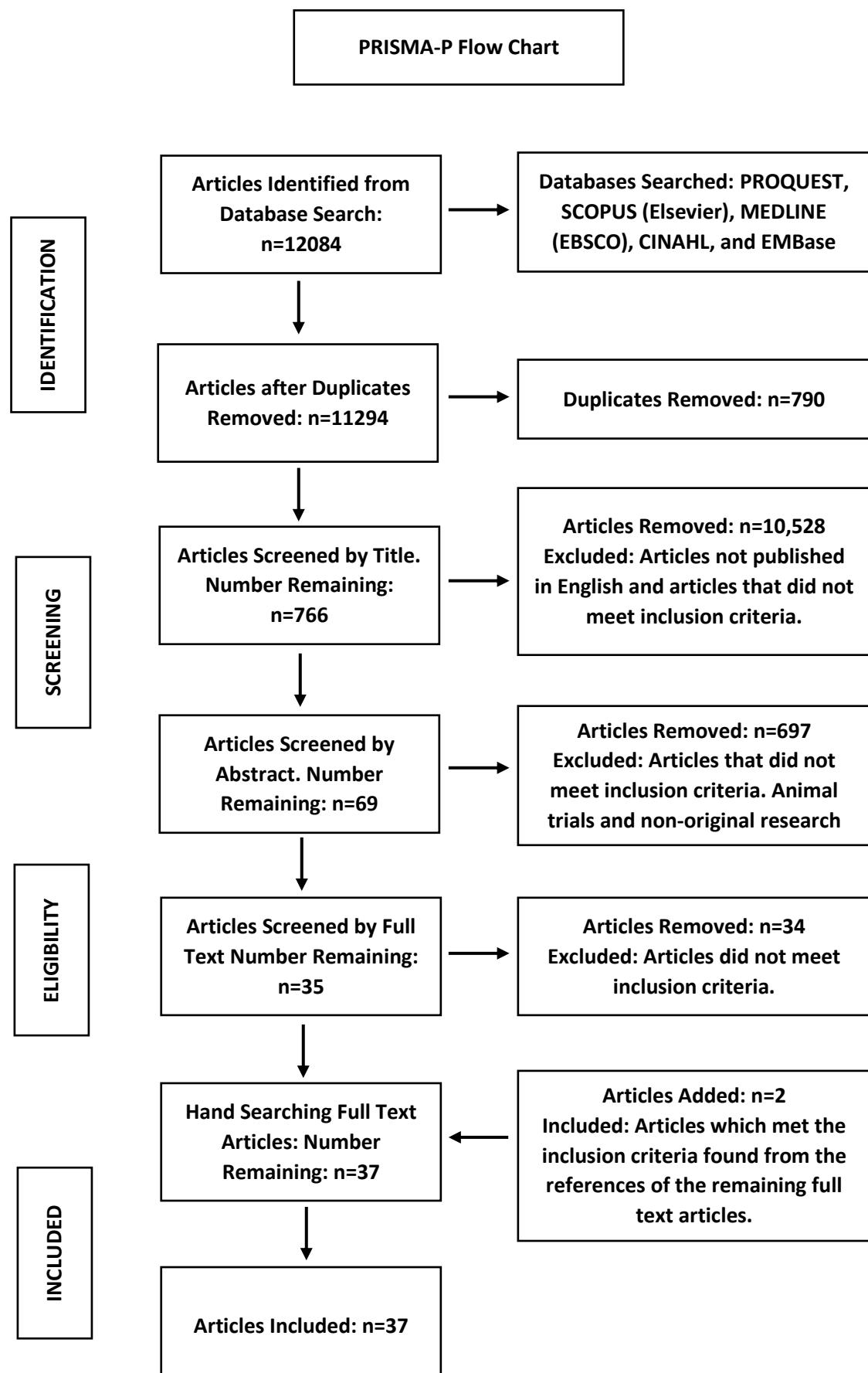


Figure 1. PRISMA-P Flow Chart

Supplemental Table 1.

The Joanna Briggs Institute Critical Appraisal tool for Systematic Reviews

Checklist for Randomized Controlled Trials

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Yu et al. (26)	Y	Y	Y	Y	Y	Y	Y	Y	Y	Y	Y	Y	Y	Y	13
Chang et al. (60)	Y	Y	Y	Y	N	N	Y	Y	Y	Y	Y	Y	Y	Y	11
Ibero-Baraibar et al. (29)	Y	Y	Y	Y	Y	Y	Y	Y	Y	Y	Y	Y	Y	Y	13
Pribis (49)	UC	UC	Y	Y	Y	Y	Y	Y	Y	Y	Y	Y	Y	Y	11
Hirose et al. (41)	Y	Y	Y	Y	Y	Y	Y	Y	Y	Y	Y	Y	Y	Y	13
Mirghafourvand et al. (48)	Y	Y	Y	Y	Y	Y	Y	Y	Y	Y	Y	Y	Y	Y	13
Kamalifard et al. (46)	Y	Y	Y	Y	Y	Y	Y	Y	Y	Y	Y	Y	Y	Y	13
Davinelli et al. (40)	Y	Y	Y	Y	Y	Y	Y	Y	Y	Y	Y	Y	Y	Y	13
Kazemian et al. (33)	Y	Y	Y	Y	UC	UC	Y	Y	Y	Y	Y	Y	Y	Y	11

Key: Y-Yes; N-No; UC-Unclear; N/A- Not Applicable

1. Was true randomization used for assignment of participants to treatment groups?
2. Was allocation to treatment groups concealed?
3. Were treatment groups similar at the baseline?
4. Were participants blind to treatment assignment?

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5. Were those delivering treatment blind to treatment assignment?
6. Were outcomes assessors blind to treatment assignment?
7. Were treatments groups treated identically other than the intervention of interest?
8. Was follow-up complete, and if not, were strategies to address incomplete follow-up utilized?
9. Were participants analysed in the groups to which they were randomized?
10. Were outcomes measured in the same way for treatment groups?
11. Were outcomes measured in a reliable way?
12. Was appropriate statistical analysis used?
13. Was the trial design appropriate, and any deviations from the standard RCT design (individual randomization, parallel groups) accounted for in the conduct and analysis of the trial?

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Supplemental Table 2. Critical Appraisal for Observational studies assessing polyphenols for depressive symptoms. (STROBE Checklist for cohort, case-control, and cross-sectional studies. Strobe Questions Version 4 as published in Oct / Nov 2007)

Author/date	Title, abstract & introduction					Methods													
	Title & abstract		Study design			Data			Study size		Quant. variables		Statistical methods						
	Background	Objective	Setting	Participants	Variable	Source	Bias	size	variables	12a	12b	12c	12d	12e					
	1a	1b	2	3	4	5	6a	6b	7	8	9	10	11	12a	12b	12c	12d	12e	
Hintikka et al. 2005 (52)	-	X	X	X	X	X	-	-	X	X	-	X	X	X	X	X	-	-	
Niu et al. 2009 (53)	X	X	X	X	X	X	X	-	X	X	-	X	X	X	X	X	-	-	
Li et al. 2010 (34)	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	-	-	
Chen et al. 2010 (31)	X	X	X	X	X	X	-	-	X	X	-	X	X	X	X	-	-	-	
Ruusunen et al. 2010 (54)	X	X	X	X	X	X	X	X	X	X	-	X	X	X	X	-	-	-	
Lucas et al. 2011 (55)	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	-	X	
Feng et al 2012 (56)	X	X	X	X	X	X	-	-	X	-	-	-	-	X	X	-	-	-	
Feng et al. 2013 (57)	X	X	X	X	X	X	X	X	X	X	-	X	X	X	X	X	X	-	
Omagari et al. 2014 (32)	X	X	X	X	X	X	-	-	X	X	-	-	X	X	X	-	-	-	
Pham et al. 2014 (58)	X	X	X	X	X	X	X	X	X	X	-	X	X	X	X	-	-	-	

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Yu et al. 2015 (51)	X	X	X	X	X	X	X	X	X	X	-	-	X	X	X	-	-	-
Chang et al. 2016 (35)	X	X	X	X	X	X	X	X	X	X	-	-	X	X	X	-	-	X
Su et al. 2016 (43)	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	-	X
Li et al. 2016 (59)	X	X	X	X	X	X	-	-	X	X	-	-	X	X	X	-	-	-
Miyake et al. 2018 (37)	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	-	X
Yu et al. 2018 (44)	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	-	-	X
Godos et al. 2018 (36)	-	X	X	X	-	X	X	X	X	X	X	X	X	X	X	-	-	X
Navarro et al. 2018 (61)	-	X	X	X	X	X	X	X	X	X	X	X	X	X	X	-	X	X
Chan et al. 2018 (60)	X	X	X	X	X	X	X	X	X	X	-	-	X	X	X	-	-	-
Mofrad et al. 2019 (50)	X	X	X	X	X	X	X	X	X	X	-	X	X	X	X	-	X	X

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Author/date	Results												Discussion & Other information						
	Outcome												Other	Key	Limitations	Interpretation	Generalisability	Funding	
	Participants			Descriptive data			data		Main results			Analysis		Results					
	13a	13b	13c	14a	14b	14c	15		16a	16b	16c	17	18	19	20	21	22		
Hintikka et al. 2005 (52)	X	X	-	X	X	-	X		X	X	-	X	X	X	X	X	-		
Niu et al. 2009 (53)	X	X	X	X	-	-	X		X	X	-	X	X	X	X	X	-		
Li et al. 2010 (34)	X	X	X	X	-	X	X		X	X	-	X	X	X	X	X	X		
Chen et al. 2010 (31)	X	X	-	X	-	X	X		X	X	-	X	X	X	X	X	X		
Ruusunen et al. 2010 (54)	X	X	-	X	-	X	X		X	X	-	X	X	X	X	X	X		
Lucas et al 2011 (55)	X	X	-	X	-	X	X		X	X	-	X	X	X	X	X	X		
Fend et al. 2012 (56)	-	-	-	-	-	-	X		X	X	-	X	X	-	X	X	X		
Feng et al. 2013 (57)	X	X	-	X	X	-	X		X	X	-	X	X	X	X	X	X		
Omagari et al. 2014 (32)	-	-	-	X	-	-	X		X	X	-	X	X	X	X	X	-		
Pham et al. 2014 (58)	X	X	-	X	-	-	X		X	X	-	X	X	X	X	X	X		
Yu et al. 2015 (51)	-	-	-	X	X	-	X		X	X	-	X	X	X	X	X	X		
Chang et al. 2016 (35)	X	-	X	X	-	X	X		X	X	-	X	X	X	X	X	X		
Su et al. 2016 (43)	X	X	X	X	X	-	X		X	X	-	X	X	X	X	X	X		
Li et al. 2016 (59)	-	-	-	X	-	-	X		X	X	-	X	X	X	X	X	X		
Miyake et al. 2018 (37)	X	X	-	X	-	-	X		X	X	-	X	X	X	X	X	X		
Yu et al. 2018 (44)	X	X	-	X	-	-	X		X	X	-	X	X	X	X	X	X		
Godos et al. 2018 (36)	X	X	-	X	X	-	X		X	X	-	X	X	X	X	X	X		
Navarro et al. 2018 (61)	X	X	-	X	-	X	X		X	X	-	X	X	X	X	X	X		

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Chan et al. 2018 (60)	-	-	-	X	-	-	X	-	X	-	X	X	X	X	X	X	X
Mofrad et al. 2019	X	X	-	X	-	-	X	X	X	-	X	X	X	X	X	X	X
(50)																	

Key:

X indicates that the study contains this item.

- indicates that the study does not contain this item